

QUICK REFERENCE SHEET

AD

(Formerly Adrenal Toner)

Astragalus, Ginger, Ginseng Root, Licorice Root



2.00 Licorice Root
1.00 Astragalus
1.00 Ginseng Root
0.50 Ginger

Total Herbs 4.5 oz
Tincture Ratio - 1:6

One of the key functions of the adrenal glands is to prepare our bodies and minds for situations in which we may need a quick and appropriate response. They accomplish this by producing certain types of hormones and sending them throughout the body. Hormones are the communication system of the endocrine glands. If our belief is that we live in a stressful or unsafe environment, the adrenal glands will be continually firing, all day long, every day. This continual workload eventually sends the adrenal glands into a state of fatigue, leaving us with symptoms such as dizziness, headaches, memory problems, food cravings, allergies, blood sugar problems, aching joints, low energy, and with a need for a couple of naps throughout the day.

The kidneys and the adrenal glands are closely connected. I have pondered the connections here. Stressed kidneys can contribute to a personality that is generally fearful; afraid to move forward but afraid not to at the same time, and afraid of many other things. Did the malfunctioning kidneys cause the fear or are the kidneys malfunctioning because of the fear? Either way, the adrenals get overworked coping with the fear.

The adrenal glands are vital to immune system function. They also produce hormones which are important in the metabolism of carbohydrates, the regulation of blood sugar, the maintenance of electrolyte and water balance in the body, and the regulation of blood pressure (to name just a few of their many functions).

This formula is helpful, along with other remedies, for mononucleosis and chronic fatigue. There is a full program for these outlined in my book, *Butterfly Miracles with Homeopathic Remedies II*.